



Adult Active Lives Headlines
November 2024-25
April 2026



National update

Adults in England are **more active than at any point in the last decade**, according to the latest Active Lives Adult Survey Report



The new figures show that, between November 2024 and November 2025, 64.6% of the adult population met the Chief Medical Officers' guidelines of doing 150 minutes, or more, of moderate intensity physical activity a week.

That's equivalent to around 30.9 million adults in England playing sport or taking part in physical activity every week – an increase of 859,000 (+0.7%) on last year and 3.3 million more than the November 2015-16 baseline.

This builds on last year's milestone of record participation, with activity levels now at their highest point in the last decade and the strong post-pandemic recovery continuing.

However, while overall activity levels continue to improve, the data highlights that significant inequalities persist, with some groups and communities still far less likely to be active than others.

The report highlights changing trends driving activity: running and fitness activities continue to grow strongly, while active travel and cycling for leisure have dipped over the last 12 months.

Less positively, there is a notable decrease in activity among 16–34 year olds – a new and concerning trend that runs counter to the wider recovery and warrants closer attention.



National demographics

Men (67.3%) remain more likely to be active than **women (62.2%)**. The gender gap persists, although long-term growth since baseline has been broadly similar for both groups.

Older adults continue to see sustained gains. Activity levels among those aged 55+ have increased since baseline, though adults aged **75+ remain the least active age group, with just 44.3% classed as active.**

Adults with a **disability or long-term health condition** are significantly less likely to be active (49.1%) than those without. Long-term growth in this group continues to outpace non-disabled adults, but a substantial activity gap remains.

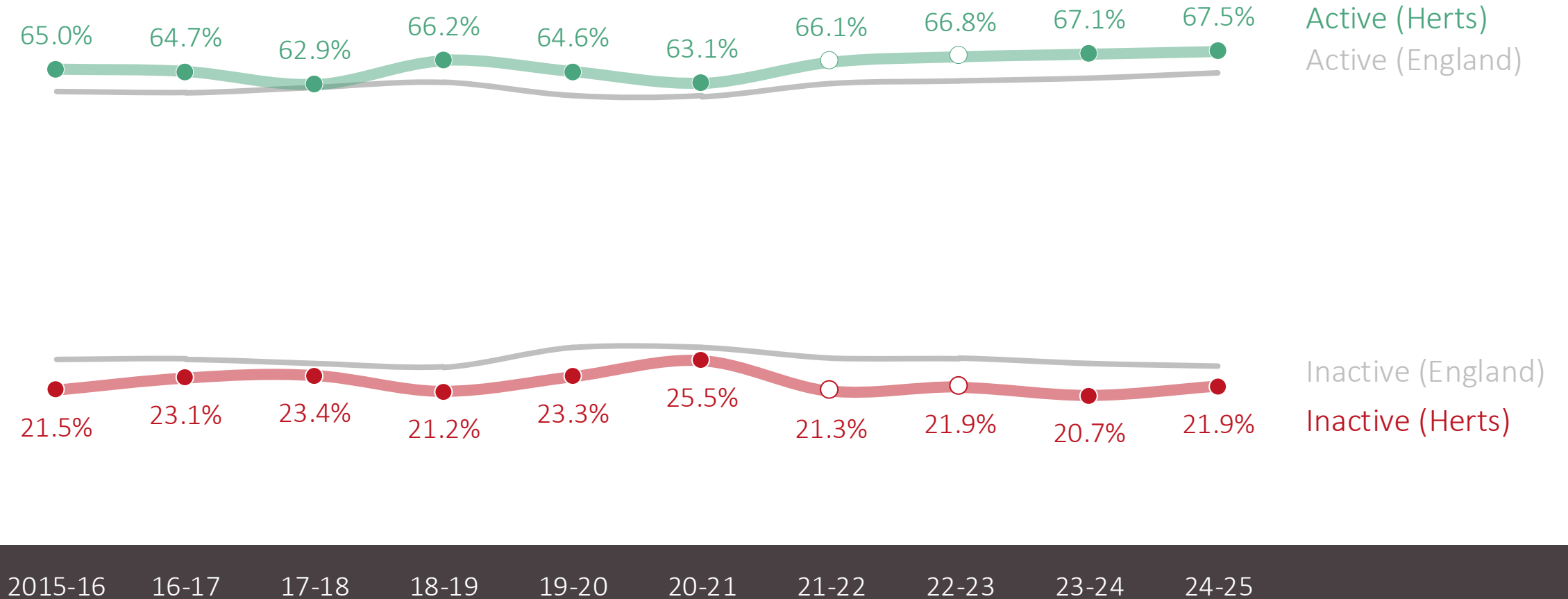


Inequalities by **ethnicity** remain, with Black adults (57.2%) and Asian adults (56.3%) less likely to be active than White adults.

The gap by **socio-economic group** is widening. Just 53.8% of the least affluent adults (NS-SEC 6-8) are active, compared with 73.2% of the most affluent (NS-SEC 1-2) – a divide that has become more pronounced over time, with sustained growth in more affluent areas.

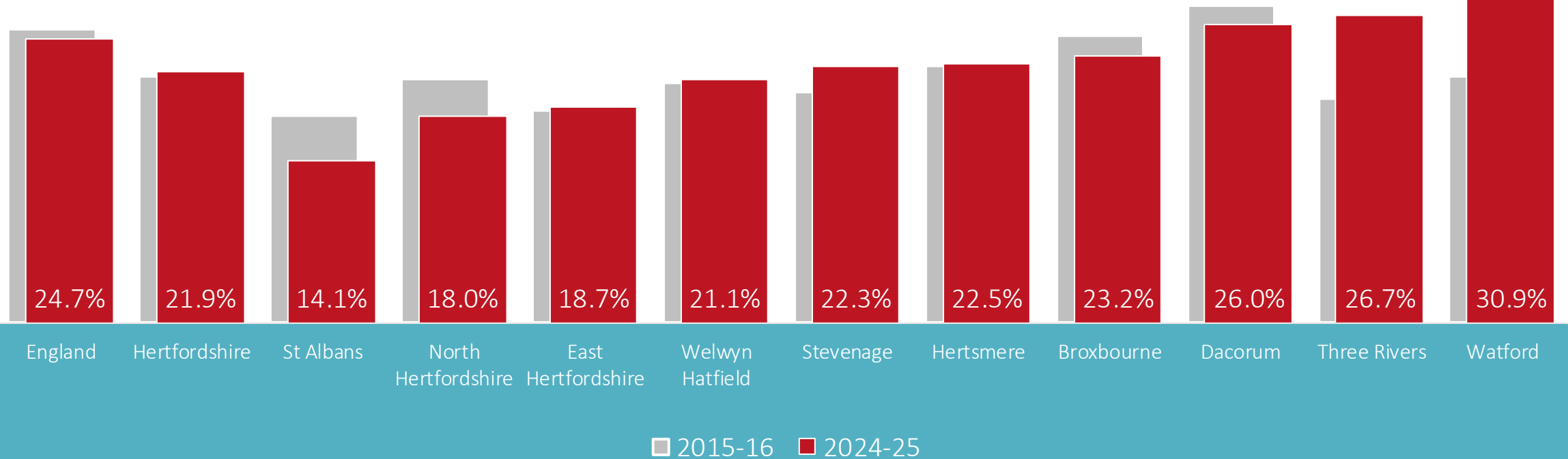
This gap is also becoming more pronounced by **place**: the divide in activity levels between the most and least deprived areas has widened over time, with sustained growth concentrated in more affluent communities.

Physical inactivity for adults in Hertfordshire is stable



● Data for 2021-22 and 22-23 to be restated. See notes

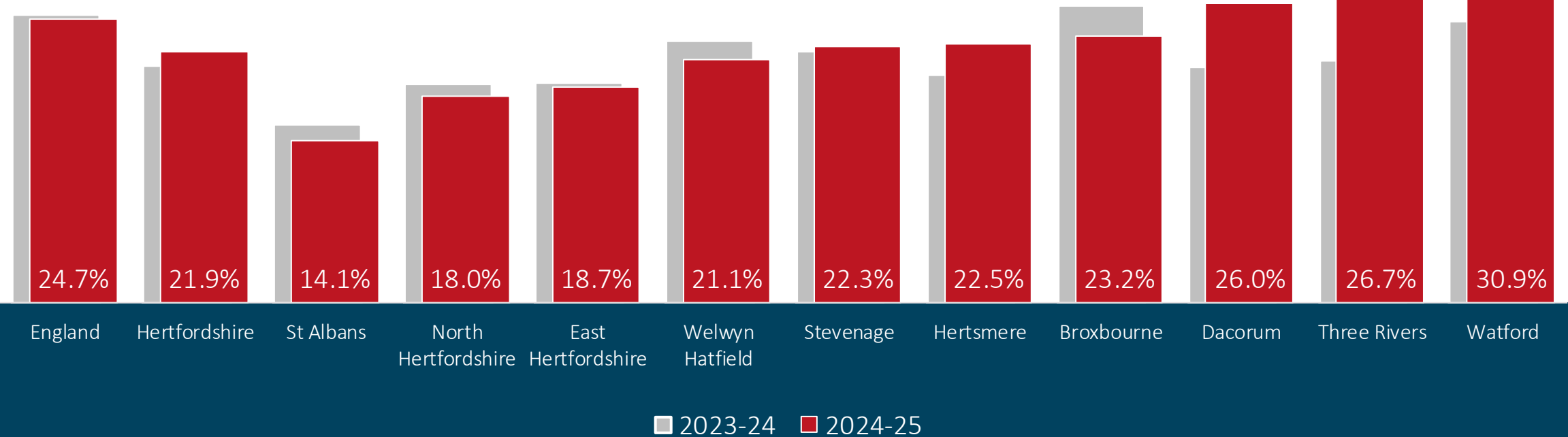
Inactivity compared to 2015-16 (baseline)



Absolute change Nov 2015-16 to Nov 2024-25

	Inactive		Fairly Active		Active	
England	Significant decrease	-0.9%	Significant decrease	-1.6%	Significant increase	2.5%
Hertfordshire	No change	0.4%	Significant decrease	-3.0%	No change	2.6%
St Albans	No change	-4.0%	No change	-0.1%	No change	4.2%
North Hertfordshire	No change	-3.2%	No change	-1.3%	No change	4.5%
East Hertfordshire	No change	0.2%	Significant decrease	-4.6%	No change	4.4%
Welwyn Hatfield	No change	0.3%	No change	0.0%	No change	-0.3%
Stevenage	No change	2.3%	Significant decrease	-5.1%	No change	2.8%
Hertsmere	No change	0.2%	Significant decrease	-8.0%	No change	7.8%
Broxbourne	No change	-1.7%	No change	-4.6%	No change	6.4%
Dacorum	No change	-1.6%	No change	-1.6%	No change	3.3%
Three Rivers	Significant increase	7.2%	No change	-3.2%	No change	-4.0%
Watford	Significant increase	9.5%	No change	-3.2%	No change	-6.3%

Inactivity compared to 2023-24 (previous 12 months)



Change in last 12 months

Nov 2023-24 to Nov 2024-25

	Inactive		Fairly Active		Active	
England	No change	-0.3%	Significant decrease	-0.4%	Significant increase	0.7%
Hertfordshire	No change	1.2%	No change	-1.6%	No change	0.4%
St Albans	No change	-1.5%	No change	0.0%	No change	1.5%
North Hertfordshire	No change	-1.0%	No change	0.9%	No change	0.1%
East Hertfordshire	No change	-0.4%	Significant decrease	-7.9%	Significant increase	8.3%
Welwyn Hatfield	No change	-1.7%	No change	2.5%	No change	-0.8%
Stevenage	No change	0.5%	No change	-3.1%	No change	2.6%
Hertsmere	No change	2.7%	No change	-1.5%	No change	-1.2%
Broxbourne	No change	-2.6%	No change	-0.2%	No change	2.8%
Dacorum	No change	5.5%	No change	-2.1%	No change	-3.4%
Three Rivers	No change	5.6%	No change	1.2%	No change	-6.8%
Watford	No change	6.4%	No change	-4.9%	No change	-1.5%



Summary

- Over the last 12 months, inactivity rates in Hertfordshire have increased by 1.2pp to 21.9%. Nationally, this has reduced by 0.3pp to 24.7%
- Inactivity is similar to baseline (2015-16 21.5%)
- Three Rivers and Watford have seen a significant increase in inactivity levels since baseline (down 7.2pp and 9.5pp respectively)
- East Hertfordshire have seen a shift from fairly active to active, contributing to a significant increase in activity levels in the last 12 months (up 8.3pp)

